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Jacob's back on top

Jacob was the most popular baby boy's name of 2012, while Olivia was tops among baby girls, according to Nova Scotia's Registry of Vital Statistics **PAGE 4**

NO NEED TO GET ALARMED

AMERICAN IDOL JUDGES DOWNPLAY FEUD AHEAD OF NEW SEASON **PAGE 11**



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Tuesday, January 15, 2013

News worth sharing.



THE DON OF HOCKEY

Don Cherry gives the thumbs up during a practice for the CHL Top Prospects game at the Halifax Metro Centre on Monday night. Cherry is one of the two head coaches for the Wednesday night encounter featuring the top prospects for the 2013 NHL draft. Story, see page 17. **DEVAN INGRAHAM/FOR METRO**

Your property assessments are in the mail

Money matters.

Provincial agency releases figures showing new construction driving assessment growth in HRM

A key piece of the equation that will determine next year's property taxes in HRM is in place.

The Property Valuation Services Corporation (PVSC) released the provincial assessment rolls for 2013 on Monday, showing an increase of \$5.5 billion in the overall property assessment base.

The highest growth was recorded in HRM, where the overall assessment grew by \$3 billion.

Residential assessments climbed by an average of seven per cent, helped along by an 11 per cent increase in apartment building assessments.

"For 2013, (apartment as-

Figures on the rise

Change in residential assessment, by region:

- Dartmouth – 7%
- Halifax County – 6%
- Bedford – 10%
- Halifax City – 8%

essment) is one of the strongest files," said Philip Schofield, PVSC area manager for HRM. "The last number of years, it's been around 10 per cent or so. So it's certainly the new construction, and the market is moving more than the other residential file."

Commercial assessments climbed by an average of six per cent, two per cent less than the year before.

An HRM spokesperson emphasized that an increase of seven per cent on assessments doesn't mean a seven per cent increase on property taxes.

"Your taxes are determined by a combination of the as-

essment and the rate that we apply to the assessed value, and we haven't determined the rate," said Shaune MacKinlay.

Council will set the tax rate for 2013-14 during upcoming budget deliberations.

Senior finance staffers are currently drafting a budget based on an increase of 2.4 per cent in the average tax bill — the amount needed to maintain a balanced budget.

With assessments expected to average roughly 6.5 per cent, members of the audit and finance committee suggested taxes could actually fall, but MacKinlay said that may not be the case.

"Eighty per cent of our residential properties are under the provincial cap," she said. "So (the increase) has bearing on a relatively small number of homes."

The provincial CAP rate has been set at 1.4 per cent.

Senior finance staffers are also drafting a budget based on no increase in the average tax bill. **RUTH DAVENPORT/METRO**



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HMCS Toronto sets sail for six-month Mideast mission

Shipping out. Families, friends say goodbye to crew members



HALEY RYAN
haley.ryan@metronews.ca

Colton Sheppard waved goodbye from his grandfather's arms as the Canadian warship his father was on slipped away from the dock Monday morning.

"He'll probably wonder where he is, but he's only one and a half," said Joe Sheppard, on whether Colton knows why his dad was leaving. "It's just, 'Dad's going to work today.'"

The HMCS Toronto and her 250 crew members departed around 10 a.m. from Halifax harbour on Monday.

Friends and family lined the dock to wave goodbye to the frigate, bound for the Arabian Sea to relieve the HMCS Regina and participate in Operation Artemis.

"I'm ready to go, but I don't



Master Seaman Kurt Sheppard holds his 21-month-old son Colton on the dock as his ship, the HMCS Toronto, prepares to depart in Halifax Monday for the Arabian Sea as part of Operation Artemis. ANDREW VAUGHAN/THE CANADIAN PRESS

want to leave," said Joe's son, Master Seaman Kurt Sheppard.

Combat Chief Darcy Burd kissed his wife, Vicki, goodbye for his third deployment in

five years.

"We're feeling kind of taxed but we're ready to go," Burd said. "There's a strong family chain here in the local

area to support her.

"It has its challenges," he added. "For myself ... and all my fellow troops, it's the guilt we have leaving our families

Quoted

"There's a lot of anxiety today, mixed with the anticipation of going."

Combat Chief Darcy Burd

behind."

Vicki Burd said it's hard standing on the dock with other families.

"At least at home you've had your own cry and then you can try to do things to keep yourself busy and distract yourself," she said.

Commanding officer Cmdr. David Patchell said the ship will be on a counter-terrorism mission, representing Canada abroad and doing maritime security detail in the Middle East.

The mission will last about six months, and Patchell said he hopes to return to Halifax by the end of July.

"It's a sad day," Patchell said. "We'll have some quiet time where the crew can reflect and then we'll get right to work."

Teen handed adult sentence for fatal stabbing

A teen who stabbed his girlfriend to death two years ago reacted angrily upon hearing he would receive an adult sentence of life imprisonment.

In imposing the sentence Monday, Judge Anne Derrick also lifted bans on publishing the names of Melvin Skeete Jr., 18, who was earlier convicted of second-degree murder, and the victim, Brittany Green.

Green, who was 17, had been stabbed 104 times.

"Keep smiling, bud," Skeete said to a member of Green's family as Derrick indicated she was sentencing him as an adult.



Melvin Skeete Jr. CAPE BRETON POST

"I am not finished my decision," Derrick said.

"Still be smiling," Skeete said as family members urged him to be quiet.

"F— these people, man,"

Under the influence

- Court had heard that Skeete had significant anti-social behaviour and mental-health issues dating back to early childhood and began abusing drugs as early as age 12. He was under the influence of drugs and alcohol when he stabbed Green to death.

Skeete said, standing, and Derrick asked him to sit.

F— the judge, f— the police, f— all of you, straight up."

Skeete was 16 at the time of the offence, which occurred inside a Whitney Pier home on Dec. 3, 2010.

Derrick had to determine whether Skeete would be sentenced as an adult and receive a life sentence with parole eligibility after serving seven years, or a youth sentence of four years in custody and three years under community supervision.

She noted Skeete had taken some positive steps while detained at the Waterville youth facility, including undergoing

substance-abuse and anger-management programs, and pursuing his high school education.

"However, despite Melvin's steps in the right direction, his willingness to engage in addressing his deeply rooted issues, I am unable to find in the evidence a basis for being satisfied that he can be held to account under a youth sentence," Derrick said.

Derrick ruled that a youth sentence wouldn't allow enough time to rehabilitate Skeete.

CAPE BRETON POST

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1 NEWS



Jacob Beaver-Toghlajian, aged six months, is photographed with his mother Andrea Beaver in their family home in Sackville on Monday. DEVAAN INGRAHAM/FOR METRO

Parents go gaga for Jacob and Olivia

Top picks. Emma, Ethan runners-up for most popular N.S. baby names last year



HALEY RYAN
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Although Jacob was the most popular boy's name of 2012, Andrea Beaver said her son has something special.

"Mine's the cutest," Beaver joked by phone from her home in Sackville on Monday.

According to Nova Scotia's Registry of Vital Statistics, 64 Jacobs and 54 Olivias were registered in the province last year.

Both names have been among the Top 10 for the last 12 years, with 2008 as the last

time Jacob was No. 1.

"It's always an interest to people," said Susan Mader-Zinck of Service Nova Scotia about the list's popularity.

"It's just interesting which ones are sort of traditional and which ones aren't."

There were 8,060 births registered for 2012, with more expected as people still decide on names.

Beaver said when Jacob was born last July, she had no idea she was contributing to a trend.

"I was pretty shocked how common it is," Beaver said.

"I have no idea why. I chose it because I found it was a really strong male name."

It wasn't until Beaver had named her son that she realized some of the women she worked with, as well as two friends, also had little Jacobs.

"I always wanted a Jacob since I was a little girl," Beaver said. "It didn't come from anywhere. I didn't have any friends named Jacob."

Beaver said she has mixed feelings about her boy being one of many Jacobs as he

Names

Top-20 most popular baby names in Nova Scotia for 2012 (ranked in order of most used).

- **Boys.** Jacob, Ethan, Benjamin, Lucas, Owen, Noah, Liam, Mason, Carter, Hunter, William, Jack, Logan, James, Alexander, Jackson, Wyatt, Isaac, Nathan, Samuel.
- **Girls.** Olivia, Emma, Lily, Sophia, Ava, Sophie, Emily, Abigail, Chloe, Isabella, Ella, Brooklyn, Charlotte, Leah, Avery, Sadie, Hannah, Addison, Alexis, Madison.

grows up.

"I hope he gets Jake," she said, "The nicknames might differ him from the others."

Liam was the top boys name in 2011, followed by William, Jacob, Benjamin and Ethan. The top-five girls were Emma, Olivia, Ava, Ella and Sophia.

Quoted

"Our first pick and our only pick was Jacob."

Andrea Beaver

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Suspension of Dal players spurs meeting

Hockey hazing. Season over for team when all but five players suspended for season



RUTH DAVENPORT
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The president of Dalhousie University is "considering" the suspension of the women's

hockey team over a so-called hazing incident after meeting with the players. Members of the women's team met with Dr. Tom Traves on Monday morning, but a university spokesperson said they didn't offer any new information.

"The students read a statement and asked a few questions of the president, and he asked a few questions of the students," said Charles Crosby. "But there was nothing new presented ... the situation really doesn't ap-

Waiting

Charles Crosby said Dr. Tom Traves would respond to the players later this week.

pear to be any different from it was a week and a half ago when this first came to light."

The university suspended senior players on Jan. 3 after an internal investigation into the alleged hazing last September.

The players, who didn't speak to media after Monday's meeting, had previously released a statement saying the punishment didn't fit the crime. They said no one was forced to do anything during the night in question, when rookies were sent on a scavenger hunt, dressed up in "odd clothing" and joined in drinking games. Dalhousie has a zero-tolerance policy for hazing, and Crosby has said the players' version of events is "highly selective."



A jogger runs past a Dalhousie University sign on University Avenue. METRO FILE

Last seen Friday

Police looking for missing Halifax teenager



Hayden Mitchell

HANDOUT/HALIFAX REGIONAL POLICE

Halifax police are asking for the public's help in locating a missing male youth.

Hayden Mitchell, 15, was last seen on Friday leaving his Spencer Avenue home in Halifax at about 8 a.m., but police say he never arrived at school. He hasn't returned home since, but contacted a friend through social

media on Jan. 12.

He was last seen wearing a red and black jacket, blue jeans, black boots and was carrying a black backpack.

"There is no evidence to suggest that Hayden has met with foul play but there is concern for his well-being," a statement issued by Halifax Regional Police on Monday afternoon states.

Anyone with information on his whereabouts calls police at 490-5016.

METRO

Arrested at the scene

Traffic stop leads to marijuana bust

Police say a 47-year-old man is facing drug charges after a traffic stop in Halifax.

Officers pulled the man over near Dunbrack and Main around 6 p.m. Sunday and searched the vehicle.

The search turned up just under two kilograms of marijuana and the driver was arrested at the scene.

A Halifax man will appear in provincial court at a later date to face a charge of possession for the purpose of trafficking.

METRO

Crime. Man pleads guilty to manslaughter in 2011 Halifax stabbing

A Halifax man has pleaded guilty to manslaughter for the stabbing death of a fellow tenant in a south-end apartment building nearly two years ago.

Qian Zhang, 49, was charged with second-degree murder for the death of David Currie, 59.

A trial was scheduled to begin Monday in Nova Scotia Supreme Court in Halifax.

Currie was found dead in the basement unit of a South Street apartment building in March 2011.

Upcoming

Qian Zhang has a sentencing hearing set for March 27.

Zhang, who lived in the same building, pleaded guilty to the lesser charge of manslaughter on Monday.

He's been free on his own recognizance, under numerous conditions, since May 2011. METRO

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Station robbed three times. Suspect nabbed in knifepoint holdup

For the third time in less than a year, the Esso gas station in Blue Acres has been robbed.

Shortly after 3 a.m. on Sunday, the Pictou County District RCMP responded to a hold-up alarm from the business.

According to a police release and court information, a lone adult man entered the station with a knife and demanded cash. He fled the area with an undisclosed amount of money.

When police arrived, the employee who was working at the time was able to provide a detailed description of

Bail hearing

- Daniel Sizli, the 19-year-old suspect in the robbery, appeared in Pictou provincial court on Monday. He returns for a bail hearing on Thursday.

the man.

A suspect, who has no fixed address, was arrested without incident by the RCMP within 10 minutes of the alarm.

NEW GLASGOW NEWS

Home invasion. Teens charged in break-in, assault

RCMP in Nova Scotia are accusing three teenagers of forcing their way into a home in Pictou and assaulting two young men inside.

The Mounties say the break-in happened on Saturday and is not believed to be a random act since the young men know each other.

The three are also accused of threatening a 19-year-old man.

One of the victims was injured but did not require medical attention.

The accused are all 17 years old.

They were to appear in provincial court on Monday.

THE CANADIAN PRESS

Appointment. New president named for CBU

An academic who has worked as a dean at universities in Nova Scotia and England will become the new president of Cape Breton University.

David Wheeler will assume his new duties in April, taking over for John Harker, the school announced on Monday.

Wheeler was the dean of management at Dalhousie University from 2006 to 2009 and is the

Term of office

6

David Wheeler's appointment as president of Cape Breton University is for six years.

executive dean of business at the University of Plymouth.

THE CANADIAN PRESS



The Bolivian-flagged tugboat Craig Trans is being detained in Halifax because of safety problems. Crew members say they have not been paid for a month and have no way to get home to Honduras and El Salvador. ANDREW VAUGHAN/THE CANADIAN PRESS

Detained sailors appeal to public for airfare home

Docked. Transport Canada unavailable for comment on safety deficiencies or plans for the tug

Infested

"There's thousands of them (cockroaches). They're living in it, they're sleeping in it, they're eating in it. It's incredible."

Gerard Bradbury, an inspector with the International Transport Workers' Federation

the mission, said the men are desperate to return to their families after going four weeks without pay or supplies on the aging tug.

The captain of the Craig Trans says federal inspectors detained the vessel after it entered Halifax harbour on Dec. 18.

"It's been nearly a month now. They're accruing debt while away ... so our greatest wish is to raise money to send

them home," Whittingham-Lamont said on Monday.

Capt. Milton Tabora said Transport Canada detained the vessel because of safety deficiencies that range from water seeping through the decks to engine problems.

He said the vessel began its voyage in Central America and was travelling along the Nova Scotia coast to Montreal when a North Atlantic storm caused the crew to seek refuge in Halifax harbour.

fax harbour.

The original plan had been for the small tug to pick up a ship in Montreal and tow it to Mexico, he said.

Tabora said the sailors have asked the boat's owner, Vesta Shipping Line of New Jersey, for help but they haven't had any response.

"I sent him an email and I called him and he doesn't answer," he added.

The vessel's owner could not be reached for comment.

Richard Grant, 29, from Honduras, said he's frustrated the tug's owners haven't helped the mariners.

"We're not getting paid, so the situation is very tough for us right now," he said.

THE CANADIAN PRESS

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Atleo. First Nations head taking sick leave amid leadership concerns

A sudden medical leave announced Monday by the head of Canada's largest aboriginal organization will delay — but not derail — pivotal talks between First Nations and Stephen Harper, says Aboriginal Affairs Minister John Duncan.

In an interview with The Canadian Press, Duncan said there's little hope a one-on-one meeting between Harper and National Chief Shawn Atleo can still take place by Jan. 24 — a date that was floated during their contentious meetings last week.

The two leaders had agreed to talk to their respective teams and regroup soon in order to set out a concrete plan to implement the agreements reached last week on re-examining ancient treaties and aboriginal rights.

Duncan said he does not expect Atleo to return to work for at least another two weeks. Still, he said backroom work on the agreements reached last Friday will continue as planned, involving top officials from the government and the Assembly of First Nations.

"No one has got certainty for when the national chief



Assembly of First Nations National Chief Shawn Atleo THE CANADIAN PRESS

will return, but I took it that it would be at least two weeks away," Duncan said. "But we were thinking ... it would be at least that long before any further meeting got underway."

Atleo announced Monday that his doctor has ordered him to take a "brief" sick leave despite the AFN being in the midst of a political crisis, with some chiefs and First Nations citizens questioning the group's authority.

Atleo came down with the flu before Christmas and never had a chance to beat it, said Jody Wilson-Raybould, the regional chief for British Columbia. THE CANADIAN PRESS



Gone, but not forgotten

Jimmy Greene kisses his wife Nelba Marquez-Greene, formerly of Winnipeg, at a news conference at Edmond Town Hall in Newtown, Conn., Monday. One month after the mass school shooting at Sandy Hook Elementary School, the parents joined a grassroots initiative unveiled Monday called Sandy Hook Promise, which supports solutions for a safer community. JESSICA HILL/THE ASSOCIATED PRESS

B.C. Supreme Court

Human-smuggling law struck down

Canada's human-smuggling law has been struck down by the British Columbia Supreme Court, leaving two high-profile prosecutions in limbo with a judge's advice that the federal government go back to the drawing board. He said the result could lead to the prosecution of people like humanitarian workers.

THE CANADIAN PRESS

Strange find

Origins of mystery meat unknown

Port Moody, B.C., police found a suitcase filled with meat on a sidewalk and they're looking for the owner of the mystery meat.

Officers received a report of an abandoned suitcase at around 10:45 p.m. Sunday outside of an apartment at 2010 St. Johns St. When they opened the case, they found more than 100 pounds of various packaged, frozen meats, spokesman Const. Luke van Winkel said.

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Canada sends C-17 to Mali to support France

Group with al-Qaida links has seized part of African nation.

Canada has sent one military cargo plane, but Harper says no combat for Canadians

Canada is contributing one of its large C-17 military cargo planes to deliver supplies to the

capital of Mali after a request from France.

But Prime Minister Stephen Harper insists no Canadian Forces personnel will be involved in any combat action in the landlocked West African country. And he says the transport plane commitment will be short.

An al-Qaida-linked group has seized the northern part of Mali and is advancing south.

The Canadian plane will be used to transport equipment

Canadian involvement

"At no time will Canadian Armed Forces members be participating in direct action against insurgent forces in Mali."

Prime Minister Stephen Harper

and supplies into the Malian capital of Bamako, which is not in the combat zone.

France, which began air strikes last week against insurgents in the north, has ordered the immediate evacuation of all French nationals living in the Malian town of Segou.

"There is a serious situation in northern Mali, where there is a large territory now occupied by essentially terrorist entities, who are looking at expanding their influence throughout Africa," Harper said at a Montreal news conference.

THE CANADIAN PRESS

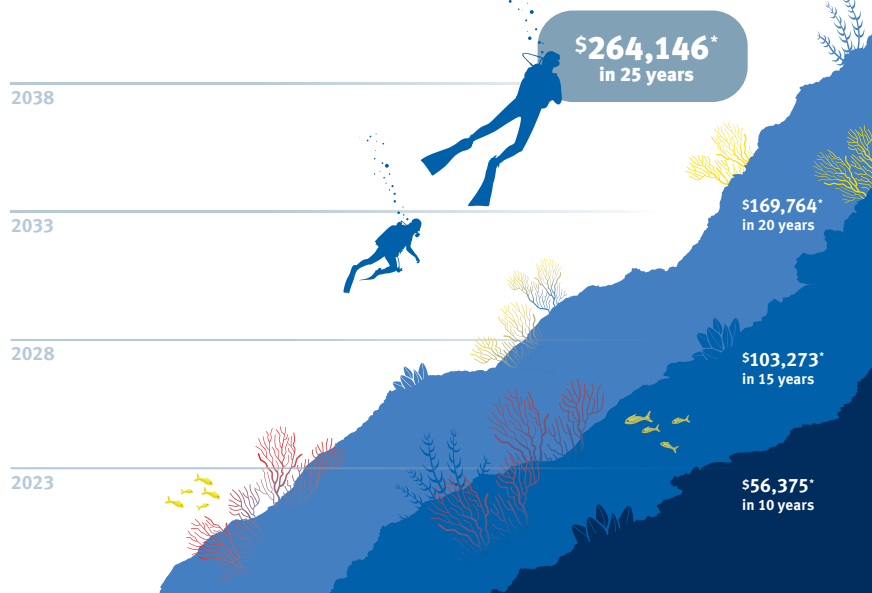


Canada is contributing one of its large C-17 military cargo planes, pictured here, to deliver supplies to Mali after a request from France. RICHARD LAM/THE CANADIAN PRESS



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'Not a deadbeat nation.' Obama says Congress must act quickly to raise the U.S. debt ceiling

U.S. President Barack Obama demanded on Monday that lawmakers raise the nation's \$16.4 trillion federal debt limit quickly, warning that "Social Security benefits and veterans' checks will be delayed" if they don't and cautioning Republicans not to insist on cuts to government spending in exchange.

"They will not collect a ransom in exchange for not crashing the economy," he said at the 21st and final news conference of his first term. "The full faith and credit of the United States of America is not a bargaining chip. And they better decide quickly because time is running short."

Answering questions for about an hour, Obama also said he will soon ask Congress to enact new gun control legislation in the wake of the shootings that left 20 elementary students dead at a Newtown, Conn., school a little more than a month ago.

Among the proposals under consideration are a ban on assault-style weapons and high



Barack Obama THE ASSOCIATED PRESS

capacity ammunition magazines. Obama said he would unveil his proposals next week. Facing stiff opposition from the National Rifle Association, he conceded lawmakers may not approve everything he asks for.

But the risk of a default once the debt ceiling is reached dominated the news conference.

"We are not a deadbeat nation," Obama declared, less than a week away from taking the oath of office for a second term. THE ASSOCIATED PRESS

India

Gang-rape suspect claims he's a minor

One of the five men charged with gang-raping and killing a 23-year-old student on a bus in India's capital is a minor, his lawyer said Monday as he demanded an age-determination test in what could be a tactic to delay the case from being tried in a fast-track court.

Manohar Lal Sharma, the lawyer for Mukesh Singh, said at a court hearing that his client is under 18, and that police documents indicating Singh is 26 had been "manipulated."

"If you could just see his face, he is only a child," Sharma told The Associated Press. THE ASSOCIATED PRESS

Berlin

Banks robbers a bunch of pros

German police say robbers dug a 30-metre tunnel into the safe-deposit room of a Berlin bank and escaped with their haul, setting a fire as they left to cover their tracks.

Berlin police spokesman Thomas Neuendorf says the tunnel led from an underground garage into the bank's safe-deposit room.

Neuendorf said Monday that the tunnel was "very professional" and must have taken weeks or even months to complete.

Police are still trying to determine what valuables were stolen from the deposit boxes.

THE ASSOCIATED PRESS

Not guilty ruling 'vindication' for ex-Nortel brass

Fraud trial. Judge says he's not convinced that executives 'deliberately misrepresented' finances at telecom company

The former top executives at Nortel Networks said they finally got "vindication" Monday after being found not guilty of fraud, nearly a decade after being accused of manipulating financial records at the fallen Canadian technology giant.

Ontario Superior Court Justice Frank Marrocco acquitted ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gollogly because he was "not satisfied" the evidence showed the men had "deliberately misrepresented" the finances at the now-defunct telecom company in 2002 and 2003. "The criminal

trial is based on evidence," he told a Toronto courtroom. "The decision I make is based on that evidence and nothing else."

Following the not guilty verdicts, the former executives jumped to their feet to hug family members and their lawyers.

Marrocco's 145-page ruling concludes one of the largest and most complex trials in Canadian corporate history.

Dunn, Beatty and Gollogly each had faced two counts of fraud — one count of defrauding the public and one count of defrauding Nortel Networks Corp.

The Crown had alleged that the men participated in a book-cooking scheme designed to trigger \$12.8 million in bonuses and stocks for themselves while they were at the helm of Nortel. They were fired from the beleaguered firm in 2004.

Market Minute



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Dow Jones: 13,507.32 (+18.89)

All three had pleaded not guilty to the charges.

In a statement, Dunn, the former head of Nortel, said he was "grateful to have received vindication."

THE CANADIAN PRESS



A skyscraper, a cauldron and a ketchup bottle: London museum unveils design prize finalists

Newly built tower The Shard, right, looms over central London in this July photo. The tower, which at 310 metres high is Britain's tallest building, has been nominated for a major design award along with the 2012 Olympic cauldron and a non-stick ketchup bottle. On Monday, London's Design Museum announced contenders for its Designs of the Year prizes in seven categories including architecture, fashion, transport and digital media. THE ASSOCIATED PRESS FILE

Public health

Coca-Cola tackles obesity debate in U.S. ad campaign

Coca-Cola became one of the world's most powerful brands by equating its soft drinks with happiness. Now, for the first time, it's addressing a growing cloud over the industry: obesity.

The U.S.-based company on Monday will begin airing a two-minute ad during the highest-rated shows on

CNN, Fox News and MSNBC in hopes of becoming a stronger voice in the debate over sodas and their impact on public health. The ad lays out Coca-Cola's record of providing drinks with fewer calories over the years. THE ASSOCIATED PRESS

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WHAT WORKOUT IS RIGHT FOR YOU?



SHE SAYS...
Jessica Napier
metronews.ca

We're two weeks into the new year and I'm sure many of you have resolved that 2013 is the year you're going to get fit. And hey, if you've actually managed to stick with it so far, then good for you!

But with so many exercise-themed daily deals showing up in your email inbox every morning, it can be hard to know where to begin. Consider this a Coles Notes guide to some of the different workout options available to all those determined resolution-makers out there.

1. Spinning. There's nothing quite like cycling away your sins for 45 minutes on a stationary bike in a dark room surrounded by sweaty bodies and loud music thumping in your ears. It's kind of like burning calories in a nightclub except you're pedalling instead of grinding and that water you're chugging doesn't have any vodka in it.

New year, new workout

While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

ing exercises. While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

4. Ballet Barre Workout. If you've ever dreamed about a long, lean dancer's physique, then a ballet-inspired fitness class is a good place to start. You might feel a little more Ugly Duckling than Black Swan as you attempt to plié while performing bicep curls with a weighted ball, but stick with it long enough and you'll end up toned and sculpted and maybe even a little more graceful.

5. Running. What's not to love about running? It helps to improve both physical and mental health, it's cheap (once you've invested in a decent pair of shoes), and since it's a solo endeavour you can avoid all of those annoying January Joiners that tend to crowd up other workout classes at this time of year. Pounding the pavement is best experienced when there is actual pavement involved, so forget treadmills that do half the work for you and head outside.

Follow Jessica Napier on
Twitter @MetroSheSays



LPGA player In-Kyung Kim, right, poses in a yoga position in San Diego. Before you ditch your new year's resolutions, consider your options.
EVORK DJANSEZIAN/GETTY IMAGES

This will ruffle some feathers



TIM FLACH

Cock-a-doodle-doo

Animals' human side laid bare

You may think this rooster has just been plucked but for considerable economic, and potentially environmental, benefits, it has been specially bred by humans to be featherless. In his new book, *More Than Human*, British photographer Tim Flach explores the striking relationships and similarities between humans and animals. **METRO**

Q and A

The skin-ny on this yardbird



TIM FLACH
Photographer

Your book *More Than Human* looks at intimate portraits of animals. What is the main idea behind it?
Through my photos, I

want to spark a debate and raise questions on how we, human beings, shape nature, and conversely how it shapes us. In this regard, I want my photos to go beyond being pretty.

So you invite us to think about how we perceive animals?

Yes, precisely. Let's take the featherless chicken, one of my favourite im-

ages from the book. It's bred by Prof. Avigdor Cahaner of Hebrew University of Jerusalem, drawing on a naturally occurring recessive mutation that eliminates feathers. The bird doesn't need to be plucked, which saves money in processing. It provokes a discussion on how we know the animal: In supermarkets, we see them dead, wrapped in cling film. **METRO**



Twitter

@dropsthakilla:

Halifax needs more public drinking fountains. As well as more public peeing fountains. There are none of those. It's 2013 #Halifax, come on!

@aduclair10:

Off to Halifax with my boys @Adamerne73 and @NickSorensen94 for the CHL Top Prospects game. #TeamOrr

@darenmillard:

Early edge in the chl top pros-

pects game goes to @RealKyper who is on the flight to halifax. @DougMaclean connector was late and he missed.

@piattopizzeria:

This Wednesday, January 16th pi-atto #Halifax will become the first VPN certified pizzeria in the maritime provinces.

@Durwin:

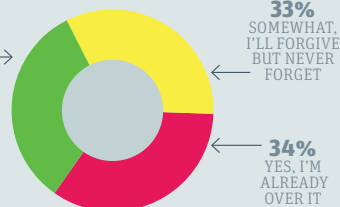
It's so warm out Here in Halifax, I'm not even wearing a coat on my lunch walk.



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Are you willing to forgive the NHL for the lockout?

33%
NO, I'LL BE SPENDING MY SATURDAY NIGHTS ELSEWHERE



33%
SOMEWHAT, I'LL FORGIVE BUT NEVER FORGET

34%
YES, I'M ALREADY OVER IT

DVD review

Taken 2

Director. Olivier Megaton

Stars. Liam Neeson, Famke Janssen, Maggie Grace

People will call this a quick-buck sequel to Taken, the surprise hit of 2009, and these people are absolutely correct. Directed by Pierre Morel, Taken took in \$225 million in worldwide box office on an investment of \$25 million. No surprise then that unsavory producer/writer Luc Besson decided to hit up the cash register a second time, hiring director Olivier Megaton for the outing.

And the first thing to be kidnapped in Taken 2 is logic. Despite a ludicrous script by Besson and co-writer Robert Mark Kamen, Liam Neeson manages to keep a straight face while reprising his role of avenging ex-CIA dad Bryan Mills. In the first Taken, Mills had to rescue his teenage daughter from Albanian sex traffickers. In Taken 2, it is Mills and his lovely ex-wife, Lenore (Famke Janssen), who are kidnapped. At age 60, Neeson still has formidable action chops and heroic form, and manages to propel the film through a sequel so silly that it seems like a Mad magazine parody of the original.

PETER HOWELL



American Idol judges Mariah Carey and Nicki Minaj both claim they are now getting along. THE ASSOCIATED PRESS

Idol judges won't sing about feud rumours

Putting it in the past. Judges Mariah Carey and Nicki Minaj are vague on differences, but agree they wouldn't aim to be Idols

NED
EHRBAR
Metro World News in Hollywood

You might have heard that new American Idol judges Mariah Carey and Nicki Minaj haven't exactly been getting along. That they've been "feuding," even. Well, Carey and Minaj have heard it, too, and they're bored by the reports. "This is a very passionate panel. I think

there are a lot of strong personalities," Carey says. "Starting this process, I felt like it was a possibility that there could be differences of opinions. The fighting is what it is. This is American Idol. It's bigger than all that. It's bigger than some stupid, trumped-up thing."

While talk of discord might make for good gossip reporting, it's not good for the show itself, Carey explains. "The whole thing is convoluted," she says. "It's a distraction from the show. It's a distraction to the contestants, and I think it's unfair to them. It should be about the contestants."

But how are the two getting along now? Carey insists that "time heals all wounds" and that the whole disagreement "was sort of one-sided," a con-

tention with which Minaj begs to differ. When asked what they did to put an end to any feuding, Minaj goes for a joking response, saying, "I put out a sex tape." But Carey is much more blunt: "I did nothing, and here we are."

Feud or no feud, the new judges can at least agree on one thing: Neither of them would've tried out for Idol themselves had it been an option. "I personally would never have wanted to do this type of show — no offence to the show at all, but I've said that since I first heard about the show," Carey says.

"I had to learn in front of the world how to just be and be on TV and sing. It's sort of like what these kids do, only at that time it was like the Arsenio Hall

Show, and that would be like, 'Here I am! It was very tough.'"

For Minaj, her reticence to be a contestant goes beyond just herself. "I definitely don't think a rapper should be in this competition. Rap and hip-hop are completely different from American Idol," she explains.

"With singing, people do not care what you've necessarily gone through. If it's a great song, they're going to love it. I would never go on a show like this as a rapper, and I wouldn't encourage anyone else to come on as a rapper. I don't think it's authentic and I think if you really look for people to believe you and see you as an authentic rapper, you wouldn't do it. It's definitely not a rap competition."

2 SCENE

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OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jodie Foster's Golden Globes speech decoded



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Metro World News in Hollywood

Jodie Foster, who received the Cecil B. DeMille Award for her 47-year-long career in Hollywood, offered an acceptance speech that has left audiences and critics baffled, outraged and inspired in equal measure. The overall message was unclear. Was she officially coming out? Did she announce her retirement

from acting and directing? What does she have against Honey Boo Boo? It didn't help matters that the audio cut out at a crucial moment as she discussed "a big coming out speech." So what did the ramble actually mean? We set out to decode it:

"I guess I have a sudden urge to say something that I've never really been able to air in public. So, a declaration that I'm a little nervous about but maybe not quite as nervous as my publicist right now, huh Jennifer? But I'm just going to put it out there, right? Loud and proud, right? So I'm going to need your support on this. I am single. Yes I am, I am single. No, I'm kidding, but I'm not really kidding."

TRANSLATION: I recognize your hunger for a big confession from me, and for that I am going to mess with you.

"Now I'm told, apparently, that every celebrity is expected to honour the details of their private life with a press conference, a fragrance and a prime-time reality show. You know, you guys might be surprised, but I am not Honey Boo Boo Child. No, I'm sorry, that's just not me. It never was and it never will be."

TRANSLATION: I am going to equate being upfront about your sexuality with the more tasteless and tacky aspects of our reality TV culture, no matter how damaging it may be for young gays and lesbians to see a successful public figure refuse to say the word "lesbian."

"There is no way I could ever stand here without acknowledging one of the deepest loves of my life, my heroic co-parent, my ex-partner in love but righteous soul sis-

ter in life, my confessor, ski buddy, consigliere, most beloved BFF of 20 years, Cydney Bernard. Thank you, Cyd. I am so proud of our modern family."

TRANSLATION: I was in a long-term relationship with a woman, and we have two children together.

This is not necessarily news, but it's the first time I've acknowledged her in front of television cameras.

"This feels like the end of one era and the beginning of something else. Scary and exciting and now what? Well, I may never be up on this stage again, on any stage for that matter."

TRANSLATION: It's difficult not to feel you're in some moment of transition when an organization gives you a lifetime achievement award, even if you're only 50 years old.

Brace yourself for another breakup tune

Consider this fair warning, Harry Styles. In the wake of her split from the One Direction member, Taylor Swift posted this ominous message to her Twitter account: "Back in the studio. Uh oh..." Swift has made a career of penning autobiographical tunes of heart-break, often embarrassing ex-boyfriends like John Mayer and Jake Gyllenhaal. And a Styles number may be a doozy, as Swift was reportedly left heartbroken by the Brit, who dumped



Taylor Swift

her during a Caribbean vacation because he said she's "asexual and wouldn't put out," a source tells Radar Online.

Twitter



@TheRealRoseanne

Ben Affleck is a moronic large sweaty headed blowhard.



@EmmaBunton

Wow its snowing where I am, coming down thick and fast!!



@MatthewPerry

This turning down the role of Lincoln is just going to keep kicking my ass isn't it?!



@OfficialAdele

I just met Daniel f---ing Day Lewis!!!



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Kelly Osbourne on losing weight, gaining confidence

Interview. The young starlet speaks to Metro about how she got motivated and transformed her life

ROMINA
MCGUINNESS
life@metronews.ca

After appearing on *Dancing with the Stars* in 2009, you lost 70 pounds, going from a size 14 to a size 2. Which body part were you most excited to rediscover?

For me, because of my family's history with cancer, my mum is always like, have you checked your boobs? One day, I was doing a breast self-examination and found this lump. So I went to the doctor and he said, "Kelly, that's your rib!" I was like, "Oh my God, I have a rib!"

Which part did you go from hating to loving?

My legs. I didn't realize how much muscle I had underneath the fat, and (I have) some pretty toned legs. Now, athletes always come up to me and say, "You've got great legs." Men like big calf muscles on themselves, so when they see it on a girl they like it.

All girls have fat days. How

Growth spurt

"I got taught proper posture through dancing, yoga and Pilates and I actually grew an inch. I'm now five foot two.

Kelly Osbourne



Kelly Osbourne lost 70 pounds and transformed her life. HANDOUT

do you cope with yours?

I look at old pictures of myself. I know this sounds really narcissistic, but I don't mean it that way — it helps me see how far I've come and where I don't want to go again. It gives me that kick in the butt to get in the gym or call up a friend and say, "I'm having a fat day."

How do you feel when you see old photos of yourself?
It's a mixture of a million

emotions. It makes me feel really sad that I let myself get like that. It was my own doing.

I made myself that way because I was scared.

Scared of what?

Of myself and what I was capable of. Being famous for really not doing anything and having the entire world judging you. But now I'm 28 years old and I see it as a learning curve.

Can you imagine some people saying: The new Kelly is boring. There's a lot of stylish, good-looking women out there, so why do we need one more without edge?

I say, "f— you" because if you want to watch a train wreck, there are other Hollywood starlets doing that for you. I want to be a dignified grown-up.

I'll always be me. I'm just not an asshole anymore.

Bonus round

On her brother Jack

How did you react when you found out your 26-year-old brother, Jack, had multiple sclerosis?

Are you crazy? He's my baby brother, how do you think I reacted? It's like it's not there. He doesn't want to be treated like a sick person, because he's not sick. It's not a death sentence. He's got a very military state of mind so he looks after himself, eats very healthy and works out every day.

Did it affect the way you value life?

I've dealt with my mom almost dying of cancer, my dad almost dying in a bike accident and now my brother has MS. There's nothing they can tell me I can't deal with. It's not like you have a choice, it's life.



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What to do when counting sheep at night is no longer working

Insomnia. Sink into Sleep author talks about how to stay asleep and improve your sleep hygiene education

CELIA MILNE
life@metronews.ca

Will you sleep well tonight?

If you answered "probably not," you aren't alone. Research tells us that three out of every four Canadian adults have sleep problems at some point in their lives.

While most of us reach for sleeping pills, few of us know how to solve sleep problems in the long term. A new Canadian book guides readers in a different way of thinking and acting, called cognitive behavioural therapy for insomnia (CBT-I).

"Decades of research have shown that CBT-I works very



Having trouble staying asleep? You're not alone. HANDOUT

well for insomnia," says author Dr. Judith Davidson, a psychologist and scientist-clinician in the area of sleep

and an assistant professor at Queen's University in Kingston, Ont.

"But access to CBT-I is ex-

tremely limited, almost non-existent, in Canada at this time. That is why I wrote Sink into Sleep. It is the same pro-

gram that we use in the insomnia clinic."

CBT-I goes much further than most "sleep hygiene"

CBT-I

Get to know the main principles of CBT-I

- **Stay up late.** Put some pressure on your biological sleep drive by postponing bedtime
- **Get up at the same time.** Do it each morning – seven days a week! This helps stabilize your circadian (24-hour) sleep-wake rhythm.

tips.

"The person with insomnia knows all (about) avoiding caffeine, making the bed comfortable, keeping the bedroom dark, having the bedroom the right temperature, getting exercise and doing relaxation," says Davidson.

"It is the CBT-I techniques that they need, not more sleep hygiene education."

Socket Domestic Short Hair Mix

5 year old Socket came to us when her former owner moved and surrendered her into our care. We have determined that her vision is compromised - the degree to which is difficult to determine. The ideal adopter is prepared to "give" more than "receive" and understands that building new relationships doesn't happen overnight. Socket will need the latitude and space to start feeling secure and confident in yet another new, and hopefully permanent, environment. She needs an adult-only, quiet home. Once adopted, we expect she will adjust at her own pace.

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Fingerling potatoes with salmon raise profile of apps



ROSE REISMAN
for more, visit
rosereisman.com

Fingerling potatoes are the newest trend for appetizers and side dishes at parties and restaurants. They're a great twist on the standard potato.

If you can't find them, use small white potatoes for these Fingerling Potatoes with Herbed Cheese and Smoked Salmon.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Slice the fingerling potatoes in half lengthwise and place skin side down on the baking sheet. Spray them with cooking oil. Bake the potatoes approximately 30 minutes or just until

Ingredients

- 8 fingerling potatoes
- 2 tbsp light cream cheese
- 3 tbsp goat cheese
- 1/2 tsp crushed garlic
- pinch freshly ground black pepper
- 1 tbsp chopped fresh dill
- 2 oz smoked salmon, diced

they are tender. Place on a serving dish.

3. Using a small food processor or a whisk, mix both the cheeses with the garlic and pepper until smooth. Stir in the dill.

4. Place a dollop of the mixture on top of each potato and sprinkle with the diced salmon. Serve while still hot.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.



This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Casserole reprise



NUTRI-BITES
Theresa Albert, DHN, RNCPT
myfriendinfood.com

Call it a casserole and it's relegated to the '50s, but call it a "strata" or a "bake" or a "pie" and suddenly it's new again.

The traditional formula is simple: ingredients in a glass dish heated in the oven. The outcome is especially good for sharing at parties or for making on the weekend and enjoying all week.

What could use a little healthy push is the choice of items that go into the dish. Your mom used cans of soup, high carb pasta and maybe some Corn Flakes on top, but we can do better. Here are some substitutions to any casserole recipe.

• Canned lentils or cooked

chicken instead of ground beef

- Cook and rinse all meat before adding instead of using ground lamb with fat
- Low fat evaporated milk instead of heavy cream sauce
- Spaghetti squash/quinoa/brown rice instead of pasta
- White sauce made with milk instead of grated cheese
- Baby food pureed vegetables instead of canned soup
- Whole wheat bread crumbs instead of Corn Flake topping
- Crushed whole wheat crackers instead of crispy onions
- Phyllo layers instead of pastry or puff pastry

Every casserole has the same formula: Body of protein, heart of creamy and moist and topping of crisp. Mix and match as you please and serve with a great big salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Two-Potato Pancake. Tender meets crispy in twist on the delicious classic

1. Fill bowl with ice water. Using medium holes on box grater, grate all potatoes, add to ice water and set aside. Use fine holes on grater to grate onion.

2. Drain potatoes well, squeezing out as much water as possible. In bowl, combine potatoes with onion. Squeeze again to remove as much moisture as possible. To do this, grab mix, a handful at a time, squeeze over the sink and transfer to a dry

bowl. When all of mix has been squeezed, add eggs, flour and a bit of salt (start with 1/2 teaspoon.) Mix well and set aside.

3. In a large, deep sauté pan over medium-high, heat about 1/4 inch peanut oil to 360 F. To test oil, drop pinch of flour into oil. If ready, flour should sizzle and brown almost immediately. While oil heats, set wire rack over rimmed baking sheet. Heat oven to 350 F.

4. Working in batches and using 3 tablespoons of potato mix per pancake, drop batter into oil. Do not crowd pan. Flatten each with spatula and fry for 4 mins. per side, or until golden and crisp. As you fry, you may need to add oil to pan. Return to temperature between batches and additions of oil.

5. As pancakes finish, transfer to wire rack. Once all pancakes are fried, place them (rack and baking sheet) in oven and heat 5 mins. or until warmed through. To serve, sprinkle lightly with salt and accompany with sour cream and applesauce.

THE ASSOCIATED PRESS/ ELIZABETH KARMEI, GRILLING AND SOUTHERN FOODS EXPERT AND AUTHOR OF SOAKED, SLATHERED AND SEASONED.

Ingredients

- 2 lbs baking potatoes (such as russet), peeled
- 1 medium sweet potato (about 1/2 lb), peeled
- 1 small yellow onion
- 2 large eggs
- 2 tbsp all-purpose flour
- Kosher or sea salt
- Peanut oil, for frying
- Sour cream, to serve
- Applesauce, to serve

This is the year I will be better...

The shy type, the sugar baby or the romantic?



What does 2013 hold for your love life? iSTOCK

See what your star sign says about you.

Online dating site Match.com conducts survey to reveal what 2013 may hold for you depending on your astrological identity

Online dating website Match.com recently conducted a survey to see what 2013 may hold for your love life based on your astrological sign.

It estimates more than one third (36 per cent) of single Canadians will make a New Year's Resolution to go on more dates this year. So what does your sign reveal about the year ahead? Here is the site's findings.

Capricorn: The office romantic

Capricorns are most likely to date someone from their workplace. Sixteen per cent of Capricorn singles have dated someone from the office in the last five years, the highest of any sign.

Aquarius: The sugar baby

Age is just a number for Aquarius, who are the most likely to date someone more than 10 years their senior.

A whopping 56 per cent would date someone who is

more than a decade older than them.

Pisces: The romantic

Pisces are the most romantic of all signs. An outstanding 66 per cent of Pisces believe in love at first sight.

Aries: The initiator

When it comes to who should pay for a first date, Aries singles are in agreement. Fifty-three per cent believe the person who initiated the date should pay, more than any other sign.

Taurus: The shy type

Taurus singles are the shiest of the signs, with only eight per cent having asked someone out on a date in the last year.

Gemini: The long distance lover

When it comes to romance, Gemini singles are prepared to go the distance. An overwhelming 54 per cent have had a long distance relationship, more than any other sign.

Cancer: The multitasker

If you're dating a Cancer, be prepared to have "the talk" sooner rather than later. While not necessarily ones to cheat, at least one in 10 Cancer singles (11 per cent) date two to three people at the same time. Talk about a scheduling challenge!

Leo: The Facebook updater

It's not official until it's on Facebook! At least according to Leo singles, who are most likely to update their relationship status on the social networking site. Nearly one quarter (21 per cent) report or update their relationship status regularly.

Virgo: The online dater

When it comes to embracing technologies to improve their love life, Virgo singles are most likely to bite the bullet. Nearly half (47 per cent) have used an online dating site.

Libra: The good time

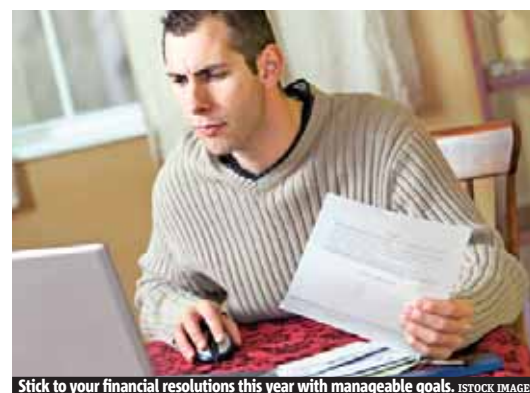
If you're dating a Libra, prepare to imbibe. Libra singles are most likely to drink alcohol on a first date – 74 per cent will have a boozy beverage on a first night out.

Scorpio: The canine cuddler

Are you a dog lover? Then date a Scorpio! Singles with this sign are most likely to be friends to canines. Sixty-three per cent are fans of these furry fellows.

Sagittarius: The sharer

If you're dating a Sagittarius, the odds are your ears should be burning about now. More than a third (36 per cent) of Sagittarians will discuss their dating life with friends and family, bring others out as wingmen or discuss their dating life goals with a group. METRO/MATCH.COM



Stick to your financial resolutions this year with manageable goals. iSTOCK IMAGES

12 money vows for 2013



YOUR MONEY
Alison Griffiths
money@metronews.ca

It's all about the psychology. Twelve months is a long time to keep a money vow. However, if you're only aiming for a month, chances of success are higher, which increases the likelihood that you'll turn some of your mini-resolutions into habits.

Try these on for size in 2013.

January: Find 30 minutes

Devote half an hour a week to your financial affairs. Eliminate distractions and focus.

February: Read a statement

Spend this month getting familiar with your RRSP. Ask questions of your advisor if you don't understand the financial products you hold.

March: Keep a log

Trust me, you have no idea what you really spend. List every last penny in a journal.

April: Set aside

When your tax refund arrives, save some of it in a six-month GIC for the holiday season.

May: Cut it out

Pick a spending habit and toss it for 30 days. If it is food related, say a daily double double and donut, you'll drop a bit of weight too in time for beach weather.

June: Cut it down

With the better weather arriving, consider reducing your cable package.

July: Try shank's mare

Walk everywhere you can. This is harder in the burbs, but re-think your driving habits to save gas and whittle the waist.

August: Donate

During the dog days of summer, pick a charity and set up a monthly donation, much easier than a last minute lump sum.

September: Get educated

Go to Investor Education Fund, (getsmarteraboutmoney.ca), Credit Canada (creditcanada.com) or Financial Consumer Agency of Canada, (fcac-acfc.gc.ca) for great tools and unbiased information.

October: Check it out

Get your credit report and score from equifax.ca or transunion.ca.

November: Stay home

Axe the restaurant, prepared foods and take out habit.

December: You're almost there

Make a list of all you've accomplished financially this year and feel good about yourself.

Customize your own 2013 resolution list and you're sure to stay financially engaged all year round. Happy New Year's to all my readers!

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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Fucale ready to impress

Top Prospects Game.

Halifax Mooseheads goalie sees encounter as another step to fulfilling his potential



ANDREW RANKIN

andrew.rankin@metronews.ca

As far as Jonathan Drouin is concerned Zachary Fucale is the one guy the Halifax Mooseheads turn to during those rocky moments.

Granted there haven't been that many so far this season but the gifted forward says the 17-year-old netminder has a lot to do with that.

"He's always calm, we can play an easier game, not having to worry about a quick turnover because he's so good for us," Drouin said Monday night.

Ask his other teammates, the scouts and coaching staff and the same words are used to describe Fucale: Calm, patient, relaxed.

So it's no surprise he has been named the starting goalie for Team Cherry at Wednesday's CHL Top Prospects Game

Quoted

"It's an honour, but really I'm just going to approach this game like any other."

Zachary Fucale, on playing in the CHL Top Prospects Game.

at the Metro Centre.

Ranked by NHL Central Scouting as the No. 1 goalie prospect in the QMJHL, Fucale has been solid for the Mooseheads but at times hasn't been that busy between the pipes.

He knows that will likely be different come Wednesday when he faces a talent-laden Team Orr.

"Whether I face two shots or 42 shots my role is to stop the puck and that's what I'll try to do," said Fucale. "I just want to play better every day. This is just another great opportunity that I will take with me. I pride myself on improving every day until I develop into who I really am."

He'll watch Drouin and fellow Mooseheads superstar Nathan MacKinnon team up on the first line for Team Cherry, too. Fucale admits that dynamic duo will prob-



Halifax Mooseheads goalie Zachary Fucale during a Team Cherry practice on Monday night at the Metro Centre for Wednesday's CHL Top Prospects Game. DEVAAN INGRAHAM/FOR METRO

ably receive the most attention. But he chooses not to look at it that way.

"In this type of an event no one's really in anyone's shadow," said Fucale. "Every-

one wants to watch everyone. Whoever's here, they certainly belong here."

MacKinnon will go No. 1 in NHL Draft: Cherry



Don Cherry will coach projected top draft pick Nathan MacKinnon in the CHL Top Prospects Game. DEVAAN INGRAHAM/FOR METRO

After arriving inside the Halifax Metro Centre in a shiny Lincoln Navigator, legendary hockey icon Don Cherry got down to the business of coaching.

He watched two of his finest players for the CHL Top Prospects Game — Nathan MacKinnon and Jonathan Drouin — strut their stuff on the Metro Centre ice, and didn't mince words about their talent.

"They can skate, handle the puck, they've got hockey sense," said Cherry. "I can't say much more than that. They've just got it."

Neither did he mince words

when it came to his opinion on who would go first in the upcoming NHL Draft: Cole Harbour's MacKinnon or gifted American blue-liner Seth Jones.

"MacKinnon will go first," he said. "I'm not knocking Jones, it's like apples and oranges. But I'd hate to be the guy making that decision."

The 78-year-old former NHL coach of the year put to bed any concerns MacKinnon and Drouin wouldn't be on the same line, too.

"If we don't win it will be because of the coaching," he said with a laugh.

Cherry said he continues to be part of the Top Prospects

Game because he has a burning passion for the game and guiding the best along.

"These kids aren't spoiled yet, you know what I mean. They give it 100 per cent."

He's also looking forward to being back for another season of Coach's Corner on CBC's Hockey Night in Canada thanks to the return of the NHL. He said he holds no grudge over the lockout.

"Those things happen," he said. "The first week everyone will forget it. But if you were a player you would do it; if you were an owner you would do it. It's human nature."

ANDREW RANKIN/METRO

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4 SPORTS



A person familiar with the situation said Lance Armstrong admitted to using performance-enhancing drugs during his cycling career in Monday's interview with Oprah Winfrey. The episode will air on Thursday. THE ASSOCIATED PRESS FILE

Armstrong opens up to Oprah about PED use: Source

Cycling. Disgraced former champion tells Livestrong staff he's sorry for putting foundation at risk

After a decade of denial, Lance Armstrong has finally come clean: He used performance-enhancing drugs to win the Tour de France.

The disgraced cyclist made the confession to Oprah Winfrey during an interview taped on Monday, a person familiar with the situation told The Associated Press. The person spoke on condition of anonymity because the interview is to be broadcast on Thursday on Winfrey's network.

Monday's admission came hours after an emotional apology by Armstrong to the Livestrong charity that he founded and took global on the strength of his celebrity

as a cancer survivor who came back to win one of sport's most gruelling events.

The confession was a stunning reversal, after years of public statements, interviews and court battles in which he denied doping and zealously protected his reputation.

Winfrey tweeted afterward, "Just wrapped with @lance-armstrong More than 2 1/2 hours. He came READY!" She was scheduled to appear on CBS This Morning on Tuesday to discuss the interview.

Even before the taping session with Winfrey began, Armstrong's apology suggested he would carry through on promises over the weekend to answer her questions "directly, honestly and candidly."

The cyclist was stripped of his Tour de France titles, lost most of his endorsements and was forced to leave the foundation last year after the U.S. Anti-Doping Agency issued a damning 1,000-page report that accused him of master-

Livestrong meeting

Armstrong stopped at the Livestrong Foundation, which he founded, on his way to the interview and told staff members, "I'm sorry."

- A person with knowledge of that session said Armstrong choked up and several employees cried during the visit.

mindings a long-running doping scheme.

No further details about the interview were available immediately because of confidentiality agreements signed by both camps. But Winfrey promoted it as a "no-holds-barred" session, and after the voluminous USADA report — which included testimony from 11 former teammates — she had plenty of material for questions.

THE ASSOCIATED PRESS

MLB

Kings' Kopitar OK after testing knee

Anze Kopitar skated at the Los Angeles Kings' training complex on Monday with a brace on his sprained right knee, reporting no problems in his comeback from the recent injury.

The Kings' high-scoring centre still is unlikely to play in the defending Stanley Cup champions' banner-raising season opener against Chi-



Kings forward Anze Kopitar
GETTY IMAGES FILE

cago on Saturday, but might not miss much more time.
THE ASSOCIATED PRESS

Australian Open

Raonic recovers to survive Round 1

Canada's Milos Raonic overcame a shaky start to win his opening match at the Australian Open.

Raonic dropped the first set but reversed his momentum to score a 3-6, 6-1, 6-2, 7-6 (0) victory over Jan Hajek of Czech Republic to advance to the second round Tuesday.

THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	24	12	.667	—
New York	24	13	.649	1/2
Indiana	23	15	.605	2
Brooklyn	22	15	.595	2 1/2
Chicago	21	15	.583	3
Atlanta	21	16	.568	3 1/2
Boston	20	17	.541	4 1/2
Milwaukee	19	17	.528	5
Philadelphia	16	22	.421	9
Toronto	14	23	.378	10 1/2
Detroit	14	24	.368	11
Orlando	13	24	.351	11 1/2
Charlotte	9	28	.243	15 1/2
Cleveland	9	30	.231	16 1/2
Washington	7	28	.200	16 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	30	8	.789	—
L.A. Clippers	29	9	.763	1
San Antonio	29	11	.725	2
Memphis	24	12	.667	5
Golden State	23	13	.639	6
Denver	23	16	.590	7 1/2
Houston	21	17	.553	9
Portland	20	17	.541	9 1/2
Utah	21	19	.525	10
Minnesota	16	19	.457	12 1/2
L.A. Lakers	16	21	.432	13 1/2
Dallas	16	23	.410	14 1/2
Sacramento	13	24	.351	16 1/2
Phoenix	13	27	.325	18
New Orleans	11	26	.297	18 1/2

Monday's results

Washington 120 Orlando 91
Boston 100 Charlotte 89
Chicago 97 Atlanta 58
L.A. Clippers 99 Memphis 73
Dallas 113 Minnesota 98
Utah 104 Miami 97

Oklahoma City 102 Phoenix 90

Cleveland at Sacramento

Sunday's results

New York 100 New Orleans 87
Milwaukee 107 Toronto 96
Brooklyn 97 Indiana 86
San Antonio 106 Minnesota 88
Denver 116 Golden State 105
Oklahoma City 87 Portland 83
L.A. Lakers 113 Cleveland 93

Tuesday's games — All Times Eastern

New Orleans at Philadelphia, 7 p.m.
Indiana at Charlotte, 7 p.m.
Toronto at Brooklyn, 7:30 p.m.
L.A. Clippers at Houston, 8 p.m.
Portland at Denver, 9 p.m.
Milwaukee at L.A. Lakers, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Portland	37	23	12	1	1	116	106	48
Worcester	37	19	15	1	2	97	110	41
Providence	35	19	14	0	2	88	97	40
Manchester	37	17	16	2	2	102	98	38
St. John's	38	16	20	1	1	92	113	34
NORTHEAST DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	35	20	9	3	3	116	85	46
Bridgeport	38	18	16	2	2	121	125	40
Albany	34	14	13	1	6	90	93	35
Connecticut	37	15	18	3	1	98	118	34
Adirondack	35	15	18	1	1	83	100	32

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	37	24	8	2	3	131	100	53
Binghamton	35	23	8	1	3	113	86	50
Hershey	38	19	17	1	1	100	92	40
W-B/Scranton	37	17	17	2	1	87	94	37
Norfolk	35	14	18	2	1	87	107	31

WESTERN CONFERENCE

NORTH DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Toronto	36	22	11	1	2	124	91	47
Lake Erie	39	20	16	2	1	121	121	43
Rochester	36	19	14	2	1	123	112	41
Abbotsford	36	17	12	3	4	81	78	41
Hamilton	36	13	19	1	3	78	115	30
MIDWEST DIVISION								
	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	36	21	11	2	2	113	99	46
Milwaukee	37	17	14	3	3	97	107	40
Rockford	38	19	17	1	1	116	114	40
Chicago	34	17	12	3	2	90	93	39
Peoria	38	17	17	2	2	92	118	38

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	39	23	11	2	3	122	98	51
Texas	38	22	11	3	2	102	94	49
Houston	38	18	13	4	3	108	106	43
Oklahoma City	38	18	15	2	3	118	122	41
San Antonio	40	16	20	0	4	100	114	36

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results

Toronto 2 St. John's 4
Portland 3 Worcester 1
Manchester 1 Providence 2
Bridgeport 5 Albany 4
Connecticut 0 Hershey 5
Texas 3 Oklahoma City 0
Peoria 3 Milwaukee 2 (SO)
Charlotte 2 Houston 1 (OT)

GOLF

PGA

SONY OPEN

At Honolulu, Hawaii

Final Round

Par 70

Russell Henley, \$1,008,000	63-63-67-63=256
Tim Clark, \$604,800	64-66-66-63=259
Charles Howell III, \$324,800	66-64-67-66=263
Scott Langley, \$324,800	62-66-65-70=263
Matt Kuchar, \$204,400	66-63-70-65=264
Brian Stuard, \$204,400	66-68-65-65=264
Chris Kirk, \$204,400	68-62-68-66=264
Jeff Overton, \$173,600	65-68-67-65=265
Harris English, \$145,600	69-69-62-66=266
Marc Leishman, \$145,600	67-68-64-67=266
Dicky Pride, \$145,600	68-67-64-67=266
Pat Perez, \$145,600	68-63-67-68=266
Shane Bertsch, \$112,000	69-67-65-66=267
Danny Lee, \$112,000	66-66-66-69=267
Josh Teater, \$89,600	70-68-65-65=268
Justin Hicks, \$89,600	69-68-64-67=268
Scott Piercy, \$89,600	64-64-72-68=268
Scott Gardiner, \$89,600	68-64-65-71=268
Matt Jones, \$89,600	66-68-64-70=268
Webb Simpson, \$60,667	66-69-68-66=269
John Rollins, \$60,667	68-66-70-65=269
Vijay Singh, \$60,667	67-67-68-67=269
Stephen Ames, \$60,667	65-67-70-67=269
Ricky Barnes, \$60,667	70-65-66-68=269
Y.E. Yang, \$60,667	70-68-68-63=269
Kevin Streelman, \$41,440	71-67-66-66=270
Charlie Wi, \$41,440	67-69-69-65=270
Also:	
David Hearn, \$33,208	67-70-66-68=271
Brad Fritsch, \$26,376	67-70-67-68=272

NFL

DIVISIONAL PLAYOFFS

SUNDAY'S RESULTS

Atlanta 30 Seattle 28

New England 41 Houston 28

SATURDAY'S RESULTS

Baltimore 38 Denver 35 (2OT)

San Francisco 45 Green Bay 31

CONFERENCE CHAMPIONSHIPS

SUNDAY'S GAMES — All Times Eastern

NFC — San Francisco at Atlanta, 3 p.m.

AFC — Baltimore at New England, 6:30 p.m.

SUPER BOWL

SUNDAY, FEB. 3

At New Orleans

AFC vs. NFC champions, 6 p.m.

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Horoscopes

Aries

March 21 - April 20

Only you know how much effort you have put into a task of some kind, so don't let anyone tell you that you should have done more. In a matter of days, your confidence will receive a much-needed boost. You're doing OK.

Taurus

April 21 - May 21

If you are serious about a long-term goal then you need to get working on it right now. Even relationships must take a back seat while you make your mark. A job done well will bring you satisfaction.

Gemini

May 22 - June 21

Your confidence will bloom today and everyone will be impressed by your dynamic manner. In fact, the higher you aim over the next few days, the more likely it is you will succeed. Don't hold back.

Cancer

June 22 - July 23

Cosmic activity in your opposite sign of Capricorn indicates that major changes are possible, but you must be the one who makes the first move. Yes, mistakes have been made but things are not as bad as they seem.

Leo

July 24 - Aug. 23

If you feel the need to open up about your feelings, now is the time because you are guaranteed a positive response. In fact, you will be surprised how easy it is to confide in people and how readily they confide in you.

Virgo

Aug. 24 - Sept. 23

Today's beneficial aspects will reveal new possibilities and make you realize that you have been worrying for no good reason. Chances are you will soon be made the proverbial offer you simply cannot refuse.

Libra

Sept. 24 - Oct. 23

The higher you aim, the more you will accomplish and the more you accomplish, the more you will feel good about yourself. Success and popularity are yours for the taking. It doesn't get much better than this.

Scorpio

Oct. 24 - Nov. 22

Don't sit at home thinking about what might have been. Get out there into the world and do something dynamic. The next few days are going to be crucial to your emotional and mental wellbeing, so be positive.

Sagittarius

Nov. 23 - Dec. 21

Cosmic activity in the money area of your chart urges you to try something new, especially if you are not getting as much as you would like from your career. You need to be more adventurous. Is that so hard?

Capricorn

Dec. 22 - Jan. 20

You can now start moving forward again after a period when you seemed to chop and change and get nowhere. Be brave, be bold and be ready to travel in a new direction over the next few days.

Aquarius

Jan. 21 - Feb. 19

Believe it or not it is impossible for you to fail. So, the more risks you take now, the more you will achieve. Aim to be the best at what it is you do best. Anything is possible if you want it enough.

Pisces

Feb. 20 - March 20

You may be of the opinion that if you talk tough, you will get what you want. But why risk alienating people when you can just as easily charm them? Say nice things and you will get nice things in return.

SALLY BROMPTON

Crossword: Canada Across & Down

Across

1. Great ___ Sea
4. ___ Breton Island
8. Sleeve
11. Charles Dickens character Edwin
13. Russian river
14. Arctic explorer John, and others
16. Nanaimo-born jazz pianist/singer: 2 wds.
18. Ship's mooring post
19. Ivy's 'grasper'
20. Brickwork
22. Fay of 1933's "King Kong", and others
24. Bread spread
25. Try
28. Director Mr. Preminger
31. Car advertisement fig.
33. Vancouver's urban oasis: 2 wds.
36. Certain ISP
37. Alan of "M*A*S*H"
38. Actress Christine
39. Farm tower
40. Family member
41. Twitter and Facebook: 2 wds.
43. Cobbler's tool
44. Boost
45. Nautical "Stop!"
46. French Polynesia island
48. Panorama
51. "The Flintstones" setting
54. Paris Hilton, for one
58. Organic compound
59. Ancient Roman greeting: 2 wds.
61. Wile E. Coyote's supplier
62. River of Florence
63. Elegance
64. Poetic nightfall
65. Church section
66. Comedy venue, ___ Yuk's

Down

1. Soft cheese
2. Welsh actor Mr. Gruffudd
3. 'Ultimate Dinosaurs: Giants from ___' at the Royal Ontario Museum
4. Like permed hair
5. Southern constellation near Telescopium
6. "Gilligan's Island" tree
7. "___ Enchanted" (2004)
8. Tree: Spanish
9. Chantal Kreviazuk's hubby: 2 wds.
10. Superman's city
11. Banned pesticide
12. Hockey great Mr. Sittler
15. Farm pen
17. Car company
21. CBC Radio One host, ___-Yin Lee
23. Meryl Streep movie, "___

Yesterday's Crossword

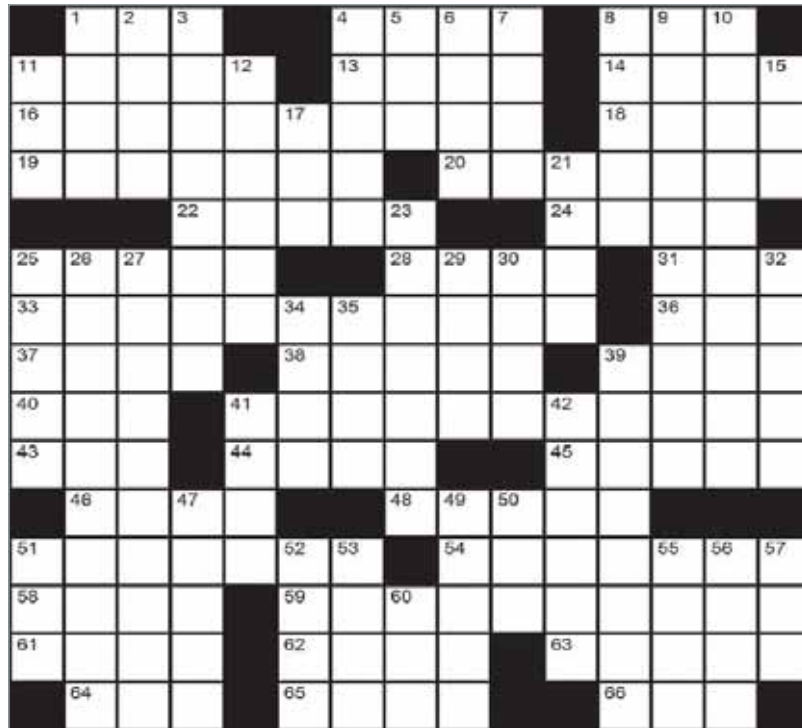


Sudoku

How to play

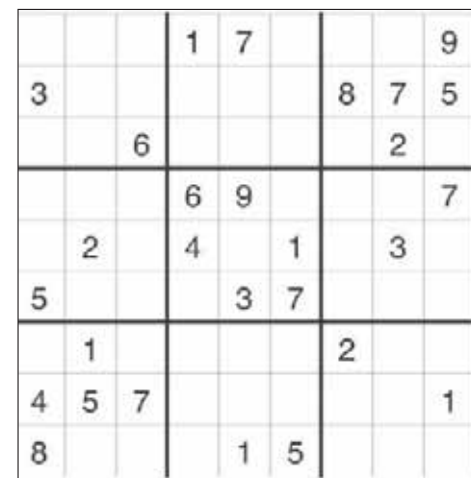
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



- Choice" (1982)
25. Carne ___ (Mexican dish)
26. The ___, Seaway
27. Calgary Flames rink
29. Brit's bye-bye
30. Set of three books, for short
32. Crow
34. H.G. Wells people
35. Chatter, variantly
39. In a harsh way
41. "Begone!"
42. "Flashdance" (1983) song
47. "Over the Rainbow" co-composer Harold

49. Ms. Seigny
50. Common Market letters
51. Princess Eugenie's sis
52. Canadian figure skater Patrick
53. Ex-Idol judge Ms. DioGuardi
55. Biblical twin
56. Regina's prov.
57. Jr.s' fathers
60. Bill, for short



Today

-2°/-7°

Mainly sunny

Wednesday

-1°/-13°

Flurries

40%

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